

MBT Adherence and Competence Scale – Scoring Template
Rating MBT Group/Individual session

Site:
Group/Individual Identification:

Name of Rater
Date of Rating:

META-DOMAIN: rated across the session

Mentalizing Sessional Structure

Items		F	Items in session contributing to domain				
1	Engagement, warmth (developing an alliance; atmosphere of joint engagement, interpersonal warmth)		Quality +1= joint process, following trajectory -1= one-sided; no agreement on focus; lack of coherence and sensitive authority				
2	Identifying priorities (hierarchy of content; including continuity with previous sessions and significant events)						
2a	Go around in group (define problem areas for discussion)						
3	Identifying focus (synthesis of problems; outcome of the work on priorities; link current problems to formulation)						
3a	Identify problem for each person in group (define central core; generalizing individual problem to group)						
4	Closure						
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score	ABSENCE Quality score
E	→		-				

Not Knowing Stance

Items		F	Quality				
5	Not Knowing Stance (authenticity, genuine interest, humble, appropriate uncertainty and appropriate knowing, open questions, “what”, conversational)		+1= maintenance over time, purposeful; consideration of alternative perspectives -1= lack of focus, fact-finding, “why”, attribute mental states to pt, directive, interpretation				
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score	ABSENCE Quality score
E	→		-				

MAJOR DOMAINS: top-down approach; step-by-step rating of the addressed domain

Mentalizing Process
(within a domain)

Items		F	Items in session contributing to domain				
6	Empathic validation (contingent and marked responsiveness; recognise effect of emotional states)						
6a	Acknowledge positive mentalizing (identification and exploration of benefits)						
6b	Managing arousal levels						
7	Managing form of session (managing flow of exploration; stop and explore; stop and rewind)		Quality +1= time, clarity, joint agreement -1= free association				
8	Contrary moves (rebalancing the focus; mentalizing dimensions; triangulation – alternative perspective)						
9	Parking in group (attentional control; needs are recognized; taking authority)						
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score	ABSENCE Quality score
E	→		-				

Nonmentalizing modes

Items		F	Items in session contributing to domain			
10	Psychic equivalence (curiosity; allied area; diversion to trigger mz stability; confusion - contrast perspective)		<i>Absence subtracted directly if one of the modes is not recognized/addressed</i>			
11	Pretend mode (affect-cogn integration; counterintuitive; clinician perplexity; focus on current reality; challenge)		Quality +1= Focal work explicitly on mode, low iatrogenesis e.g. arguing with patient -1= joining with non-mz modes; socratic questioning to invalidate beliefs			
11a	Hypermentalizing (recognize vigilance; probe and challenge over-attribution and groundless inferences)					
12	Teleological function (probe meaning of demand; question teleological demand; challenge external focus)					
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score
E	→		-			

Mentalizing affective narrative

Items		F	Items in session contributing to domain			
13	Clarification of affective narrative (exploration in terms of facts, events, emotions – effect and experience)		Quality +1= naming, focus, complexity, link to detail of event, ‘live’ interpersonal recognition -1= repeatedly ask how pt feels			
14	Affect identification (labelling, elaboration, normalizing feelings, differentiate, multi-layer, place in context)					
15	Affect focus (interactional process implicit > explicit; interpersonal affects; elephant in the room)					
16	Affect and interpersonal/significant events (mz functional analysis around interpersonal events; trajet)					
16a	Clarification of interpersonal perspectives in group (identify and contrast personal reactions and affects)					
16b	Interpersonal affect recognition in group					
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score
E	→		-			ABSENCE Quality score

Relational Mentalizing

Items		F	Items in session contributing to domain			
17	Mentalizing the relationship Pt/Th (validation, exploration, enactment, joint, alternative, reaction)		Quality +1= validation, acceptance of clinician contribution, shared perspective, sensitive relevance -1= countertransference interpretation			
17a	Mentalizing relationships between group members e.g. siding, triangulation)					
18	Mentalizing counterrelationship Pt/Th (marked, sensitive, anticipation)					
18a	Mentalizing counterrelationships between group members					
F	→	Unadjusted Domain Score	+	HOW Quality Score	=	Adjusted Domain Score
E	→		-			ABSENCE Quality score

FINAL ADHERENCE AND COMPETENCE SCORE

Domain total score	:	No of rateable domains	=	Adherence score	+	Absence quality	=	FINAL SCORE
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MBT Adherence and Competence Scale – Scoring Template - Addendum

FREQUENCY (F)

= Amount of time and attention devoted by the clinician to a particular technical or stylistic intervention
 ⇒ Scored for each item/intervention

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

EXTENSIVENESS (E)

= Number of items within the domain; variance in use of the range of items
 ⇒ Scored within the domain

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

UNADJUSTED DOMAIN SCORE

= (single) composite raw domain score; overall judgment based on F & E
 ⇒ Starting point = 4: Practitioner is “adequate” until proven otherwise (“good enough” therapist)
 ⇒ Adjust above or below the bar based on F & E

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

QUALITY HOW SCORE

= How intervention is delivered, taking into account frequency, extensiveness, appropriateness, timing and context

!!! Quality/skill level ≠ effectiveness of intervention

-1	-0.5	0	+0.5	+1
Harm/poor	poor	acceptable/adequate	good	excellent

ADJUSTED DOMAIN SCORE

= unadjusted domain score +/- quality how score

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

QUALITY ABSENCE SCORE

Absence = Interventions/domain not delivered when expected / should be according to the model/manual
 ⇒ Added/subtracted when calculating final score (Exception: non-mentalizing modes)

-1	-0.5	0	+0.5
Harm	Poor	Acceptable	Marked, active, appropriate avoidance

ADHERENCE SCORE

= Domain total score (sum of scores rateable domains) / number of rateable domains

FINAL SCORE

= Adherence score +/- quality absence score
 ⇒ An adherence rating of 3.5-4.5 is adherent and competent

1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent